

This is Home and Garden Bulletin No. 43 from the Human Nutrition Research Division and Consumer and Food Economics Research Division Agricultural Research Service of the US. Department of Agriculture. Along with shopping and cooking tips, there are recipes covering meat, poultry, fish, eggs, milk, beans, bread & cereal, and lunch box main dishes. - Summary by Larry Wilson Read by Librivox volunteers . Total running time: 01:59:22 This recording is in the public domain and may be reproduced, distributed, or modified without permission. For more information or to volunteer, visit librivox.org. Cover picture based on cover and illustrations. Copyright

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**Money-saving Main Dishes**